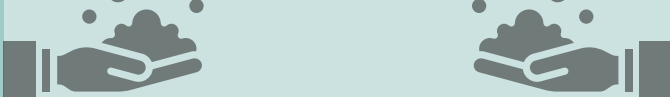


CDC HANDWASHING GUIDELINES



Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

BLACKBERRY BALSAMIC CHICKEN SALAD



SALAD

DRESSING

- 1/2 pound chicken breasts
- 6 cups spring mix lettuce
- 1 cup fresh blackberries
- 1 avocado, sliced
- 1/4 cup red onion, sliced
- 1/4 cup chopped walnuts
- 1/2 cup blackberries
- 2 teaspoons Dijon mustard
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 2 tablespoons honey
- 1 teaspoon soy sauce
- Salt and pepper to taste



Check out full recipe here!

WELLNESS WORKSHOP

WELLNESS STRATEGIES DURING A PANDEMIC

Join the COSA wellness team as we discuss resources and strategies for keeping yourself healthy during this unprecedented time. Topics include home workout plans, eating well at home, stress reduction and more.



LIVE WEBINAR
JUNE 17, 2020
FROM 1-3PM



SCAN QR CODE WITH YOUR SMART PHONE TO REGISTER

Have questions or need to register offline? Contact the Wellness Division at (210) 207-WELL or wellness@sanantonio.gov

WORLD BICYCLE DAY 6/3

WHY WE LOVE WORLD BICYCLE DAY



IT'S GREAT EXERCISE

Millions of people around the world use a bicycle as their primary means of transportation, meaning they get a healthy dose of physical activity as part of their daily routines. World Bicycle Day is the day to join them (if you don't bike every day already!) as a special celebration of one of history's best inventions.

IT'S GOOD FOR THE ENVIRONMENT

The only power needed to ride a bicycle is foot power (or perhaps peddle power). And there's no dirty exhaust fumes to clog and smog up the air.

IT'S SOCIAL

We get to share the road — and share your sense of adventure — with your fellow bicycling like-minds.

TO LEARN MORE, VISIT

<https://nationaltoday.com/world-bicycle-day/>